NOVENA

in honor of

Our Lady

of

Mt. Carmel

Hail Flower of Carmel
Hail Fruitful Vine
Hail Ever Immaculate Queen
In Whom All Virtues Shine

CARMELITE MONASTERY
61 Mt. Pleasant Ave.
Boston, Mass.

†

The Novena

IN HONOR OF

Our Lady of Mt. Carmel

FOLLOWED BY A

NOTICE OF THE ORIGIN,
PRIVILEGES AND BLESSINGS
OF THE
BROWN SCAPULAR

Nihil obstat:

CHARLES F. SHAY

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Bishop of Rochester

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"Queen, Beauty of Carmel"

NOVENA

to the

MOST BLESSED VIRGIN MARY OF MT. CARMEL

This pious devotion commences on July 7th, and closes on the Feast of the Solemn Commemoration of Our Lady of Mt. Carmel, July 16th.

The Indulgence for Mt. Carmel Day may be gained from noon on the 15th to midnight of the 16th, July.

First Day of the Novena

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be neces-

sary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O most Glorious and Blessed Virgin Mary of Mt. Carmel! I, an unworthy wearer of thy holy Scapular, confident however that the Church does not call thee in vain the "Refuge of Sinners," do beseech thee to make me sensible of the favors thou hast conferred upon me, by promoting the welfare of thy holy Order, that being truly contrite for past offenses, I may by thy aid and assistance, break the chains of my slavery, and live henceforward in the happy liberty of the children of God. Through our Lord Jesus Christ, who with the Father and the Holy Ghost, liveth and reigneth, one God, world without end. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Second Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O Almighty and Eternal God, vouchsafe to impart to us, Thy unworthy servants, a small portion of that heavenly grace with which Thou hast been pleased to sanctify Thy servant Mary; and grant that, through her intercession and protection, we may be shielded against all temptations, and be secure from all our enemies. Through our Lord Jesus Christ Thy Son, who liveth and reigneth with Thee, in the Unity of the Holy Ghost, one God, world without end. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace,

turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

HYMN (See page 26.)

THIRD DAY

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

LET US PRAY

Remember, O most holy Virgin, it is a thing unheard of that thou hast ever forsaken those who have recourse to thee. Encouraged with this hope and confidence, my most dear Mother, I, a miserable sinner,

cast myself at thy sacred feet, humbly begging that thou wilt adopt me as thy child forever, and take upon thee the care of my eternal salvation: do not, Mother of the Word Incarnate, reject my petition, but graciously hear, and grant it. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Fourth Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O Most Glorious and Ever Blessed Virgin Mary of Mt. Carmel! I, thy unworthy child and client, sensible of the favors thou enjoyest with God, humbly present myself before thee, and beg that thou wilt intercede and obtain for me true contrition and repentance, an undefiled purity of heart, and a conscience free from sin and all offense against God; direct me, I beseech thee, in all my actions during life, and in that awful

moment when my poor soul departs from my body, conduct it into the presence of thy Son, there to sing His praises forever and ever. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Fifth Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O Most Glorious Virgin Mother, who, by favor of thy Divine Son hast so great power in heaven and on earth, enlighten my blindness and strengthen my resolution. The zeal thou hast in promoting the welfare of thy sacred Order, and the part thou takest in seeing the grace of our Redeemer abound in us, give me a right to thy interest in this my request; and when that awful

hour of death approaches, be to me, I beseech thee, a tender Mother, and by thy prayers dispose thy Son Jesus Christ favorably in my regard. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Sixth Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O Most Glorious and ever Virgin Mary of Mt. Carmel, I offer unto thee this day, all my thoughts, words and actions: I am weak and infirm, dejected and cast down at every tribulation, and terrified at the dismal prospect a review of my own interior gives me. All is misery, a continual propensity to vice, and repugnance to virtue. O Mother of Mercy and refuge of sinners, thou wilt not reject a contrite and humble heart. Intercede for me, I beseech

thee, that I may so live in this sinful world, that at the hour of death I may be worthy to be admitted into the Regions of Bliss. Through Our Lord Jesus Christ, who, with the Father and the Holy Spirit, liveth and reigneth, One God, world without end. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Seventh Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O most Holy Mary of Mt. Carmel, pray for me, I beseech thee, that through the merits of thy Son, I may enjoy perpetual health of mind and body, and that I may serve Him faithfully in this life, and hereafter see, love, and enjoy Him in the kingdom of His glory. Who, with the Father and the Holy Ghost, liveth and reigneth, One God, world without end. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Eighth Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those

who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O most glorious and ever Blessed Virgin Mary of Mt. Carmel, faithful Protectress of all those who wear thy holy Scapular, behold thy poor servant humbly prostrate at thy feet, deploring his misery and imploring thy prayers, and beseeching thee to protect him through the stormy ocean of this tempestuous world; hear my prayers then, O refuge of sinners, and after this our exile show unto us the Blessed Fruit of thy womb, Jesus, O most clement, O most loving, O most sweet Virgin Mary!

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,

In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee, Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

Ninth Day

Preparatory Prayer

O Glorious Queen of Angels! Most pure and Ever Blessed Virgin Mary of Mt. Carmel! Powerful Advocate of all those who wear thy holy Scapular! Faithful Protectress of all the servants of thy Son Jesus Christ! I, an unworthy sinner, do this day, in the presence of thy beloved Son, my Saviour, choose thee for my Patroness, that

through thy intercession, I may receive from Him whatsoever grace may be necessary and profitable for me now, and at the hour of my death. Amen.

Our Father and *Hail Mary* three times.

Let Us Pray

O Blessed Finder of Grace, Mother of Life, Mother of Salvation! May we through thee have access to thy Son; and may He, Who was given us through thee, receive us through thee. May thy integrity and innocence excuse before Him the stain of our corruption; may thy abundant charity cover the multitude of our sins, and thy glorious fruitfulness supply our want of merits. Our Mother, our Mediatrix, our Advocate, reconcile us to thy Son, commend us to thy Son, present us to thy Son; by the grace with which thou art honored, obtain that He, who through thee put on our weakness, may, through thee, make us partakers of His bliss and glory. Amen.

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,

To hear our prayers now,
And at the hour of our death. Amen.

Let Us Pray

O Almighty and Eternal God, Who didst adorn the holy Order of Carmel with the glorious title of Thy Immaculate and ever Blessed Mother, grant propitiously that those who celebrate her Solemn Commemoration may, by the assistance of Thy grace, turn their affections from all irregular adherence to this world, and place them entirely on the enjoyment of Thee. Who livest and reignest, one God world without end. Amen.

Hymn (See page 26.)

PRAYERS TO BE RECITED ON THE FEAST OF OUR LADY OF MT. CARMEL

Antiphon

Hail, Flower of Carmel,
Hail, fruitful Vine!
Hail, ever Immaculate Queen,
In whom all virtues shine.
O Mother mild, implore thy Son,
To hear our prayers now,
And at the hour of our death. Amen.

Prayer of the Mass and Office, July 16th

O God, who hast deigned to honor the Order of Carmel with the glorious title of Thy Virgin Mother, grant the grace of her protection to all who celebrate this Solemn Commemoration, so that through her, we may attain eternal happiness. Amen.

O Glorious Virgin Mary, Queen of Carmel, Mother of God and of poor sinners, special Protectress of all those who wear thy holy Scapular, I supplicate thee, by the glory that has been accorded thee by the Incarnate Word in choosing thee for His Mother, to obtain for me the pardon of my sins, amendment of my life, salvation of my soul, consolation in my pains, and in particular the grace I ask in this Novena, provided it be conformable to the will of thy Divine Son. Amen.

A Prayer Composed by St. John of the Cross

O Mary, Most Holy Mother of Carmel, Virgin of Virgins, Sanctuary of the Blessed Trinity, Mirror of Angels, assured Refuge of Sinners, have compassion on us in our

sufferings, listen to our sighs with clemency, and appease the anger of thy Divine Son. Amen.

FLOS CARMELI

The Miraculous Prayer to Our Lady of Mt. Carmel by St. Simon Stock

Most Holy Virgin, Beauty of Carmel! Virgin Flower forever in bloom! Bright Ornament of Heaven! Thou Virgin Mother of the Man-God! Mother of holy love! Mother of mercy and meekness! Mother honored above all mothers! Star of the sea! Be thou propitious to thy dear children of Carmel, and to all who have the happiness of wearing thy holy Scapular. Amen.

Queen Beauty of Carmel! Pray for us. 300 Days Indulgence.

HYMN TO OUR LADY OF MOUNT CARMEL

Queen and Lady of Mount Carmel!
Seen by Prophet's mystic gaze;
Shown above the holy mountain
As Elias kneels and prays.

Cloud-like rising from the ocean;
  Pure and free from every stain,
She doth claim his heart's devotion
  Thro' the ages to remain.

Mother of Mount Carmel, hear!
When we call, oh! be thou near!
(Repeat)

To the Prophet's sons descendeth
  As a sacred legacy,
Love of Mary's pure Conception—
  Virgin Mother yet to be!
Tender Mother, she hath clothed us
  With a double garment fair:
Pledge of heavenly protection,
  Is the Scapular we wear.

Mother of Mount Carmel, hear!
When we call, oh! be thou near!
(Repeat)

Queen and Beauty of Mount Carmel!
  Christ's dear Gift on Calvary!
Refuge sure in every danger!
  Confident we fly to thee.
Mother, hear our humble pleading,
  Grant the favors we implore;
To thy love we are appealing,
  Bless us now and evermore.

Mother of Mount Carmel, hear!
When we call, oh! be thou near!
(Repeat)

THE SCAPULAR OF OUR LADY OF MOUNT CARMEL

Its Origin, Privileges, Blessings and Indulgences

The Scapular of Our Lady of Mt. Carmel consists of two small pieces of brown woolen cloth connected by two cords made of wool, cotton thread, etc. The word scapular is derived from the Latin scapulae (shoulders), because it is intended to hang suspended from the shoulders. It is also called the "Little Habit of the Blessed Virgin." Many of the religious orders wear a scapular the color of their habits, but to none has Heaven granted the special privileges and prerogatives that have been so lavishly showered upon the one of Mt. Carmel.

The *Confraternity Scapular,* the small one worn by the faithful in general, traces its origin to the famous apparition of the Virgin Mother of God to St. Simon Stock, the sixth Latin General of the Order. It took place July 16th, 1251, at Cambridge, in England, although, centuries previous there existed a Confraternity of Our Lady of Mount Carmel, on the holy mountain bearing this name in Palestine, as there are

records extant showing that Pope Leo IV, in 847, granted indulgences to the then existing Confraternity of Our Lady of Mt. Carmel. Our Lady's Confraternity is hence the most ancient of all sodalities of the kind, as it is also the one which has been the most favored by Heaven, by the Blessed Virgin herself, and by the Holy See. No less than thirty Pontiffs have accorded to it privileges and indulgences of exceptional favor.

A new glory, however, was added to the Confraternity, July 16th, 1251, when the Queen of Heaven appeared to her devout servant, St. Simon Stock. For a long time this holy monk had been imploring the Mother of God to take the cause of her Order into her own hands, as it was, at the time, undergoing a storm of opposition from the world without.

"O Mary," said he, "show us that you are our Mother; you are our hope in the midst of storms, our shield in combats, our refuge and salvation. O Virgin Most Holy! Give me a sign of your predilection for your Order of Carmel, which will astonish our adversaries and confound our detractors"; and with fervent accents he addressed to her that beautiful prayer, "Flos Carmeli," so dear to the heart of the Queen of Heaven.

The confidence and perseverance of this Elias-like Saint could not but win the favorable regard of the Queen of Carmel, who appeared to him with the Infant Jesus in her arms, surrounded by a multitude of celestial spirits, holding in her hands the Scapular of the Order, which she presented to him, saying: "Receive, my beloved son, this Scapular of thy Order as the distinctive sign of my Confraternity; it is a token of the privileges I have obtained for thee, and for all the children of Carmel; whoever dies piously wearing this Scapular shall be preserved from eternal flames. It is a sign of salvation, a sure safeguard in dangers, a pledge of peace and of my special protection until the end of ages." This took place under the Pontificate of Innocent IV, and before the Blessed Virgin disappeared from the raptured gaze of St. Simon Stock she directed him to go to the feet of the Vicar of her Divine Son and announce these magnificent promises in behalf of her children, assuring the Saint that Innocent would remedy the persecutions then existing against the Order.

The truth of this vision has been magnificently ratified by the learned Pope Benedict XIV, not to speak of the Bulls and Decrees of Innocent IV, John XXII, Urban

VI, Alexander V, Clement VII, who granted many indulgences, etc., Sixtus V, Paul V, etc. The learned Jesuit Cardinal Bellarmine composed new lessons for the Office, and the Mass of the Feast of Our Lady of Mt. Carmel, when its obligation was extended to the universal Church by Paul V; nor can the Feast be transferred to the Sunday following without a special Indult. The Doctors of the most celebrated universities of Europe, the Saints of all the Religious Orders, the pious Kings, Queens and Princesses of all nations, the religious authors of all centuries, have been happy in making known the praise of Our Lady of Mt. Carmel and the prerogatives of her Scapular.

Some fifty years after the apparition of the Blessed Virgin to St. Simon Stock, she appeared to Pope John XXII, extending her maternal solicitude still further, even to the other life, in promising him she would assist and console the children of Carmel detained in Purgatory, and also speedily release them on the first Saturday after their death. This consoling privilege of a speedy deliverance was made by the Blessed Virgin in the following words: "John, Vicar of my Son, you are indebted to me for the high dignity to which you have been elevated by my solicitations with

my Son for you, and as I have delivered you from the snares of your adversaries, I expect from you an entire and favorable confirmation of the holy Order of the Carmelites, which had its birth on Mt. Carmel, and who are the descendants of Elias and Eliseus; they have always been singularly devout to me, and if any of the religious or wearers of my Scapular leave this present life to expiate their sins in Purgatory, I will, as their tender Mother, descend in their midst to Purgatory on the Saturday after their death; I will deliver those I find there, and will bring them to the holy mountain in the happy sojourn of life eternal."

For a participation in the first privilege, that of a good death or exemption from eternal doom, a person should duly receive the Scapular from a priest authorized to give it, wear it devoutly over the shoulders and have it on particularly at the hour of death.

For as said, the Blessed Virgin in presenting the Scapular to St. Simon Stock announced that it was a "sign of Salvation," but Our Lady's words are to be understood that this sacred pledge of her protection is a means leading and assisting thereto. Hence, to be the recipient of her

favor and promises it is essentially requisite to *live* in conformity with the precepts of the Holy Church, to wear it devoutly, that is, lead a pure life and make efforts to imitate the virtues of the Immaculate Queen of Heaven. Some may, however, be inclined to say, "why, if I lead a pure and holy life I can be saved without the Scapular, why encumber myself with it, I am already on the road to Heaven?" But, it must be remarked that the graces received *through the Scapular,* the special protection you will enjoy as being one of the chosen fold of Mary, will better enable you to keep the heart pure from deliberate sins and to lead a holy life. Millions of saved souls might have been in Hell today but for this "sign of salvation." Number, if you can, the death-bed conversions it has brought about, for every true Catholic knows that the Blessed Virgin has marvellous and providential ways of obtaining the salvation of her children engendered at the foot of the Cross and redeemed at the cost of the Precious Blood of her Divine Son. All wonder whence the mysterious grace of repentance, and soon they learn its channel—the Scapular. But no one should rely with presumptive confidence on this extraordinary intervention of the Most

Blessed Virgin, whom the Church beautifully styles the "Refuge of Sinners," but strive to make their election sure, as the Apostle says, by the practice of virtue, so as to merit the powerful protection of Our Lady of Mt. Carmel at the hour of death, for St. Bernard says, "All graces flow to us through the hands of Mary, and no one having recourse to her protection is refused succor."

To enjoy the second privilege, called the Sabbatine Bull, it is obligatory, in addition to the foregoing conditions, to observe chastity according to one's state, and, if able to read, to recite daily the Office of the Blessed Virgin according to the Roman Breviary. (The Canonical Office of the Church fulfills the condition for priests and those bound to say it, if the intention is directed to this end.) But, if the person is unable to say the Office of the Blessed Virgin Mary, it can be commuted by one who has special faculties for this purpose (Decree, June 22d, 1842), in which case, the person must observe the fasts of the Church, and abstain from flesh-meat on Wednesdays, Fridays and Saturdays, but if this likewise be impossible, a confessor, who has the faculties as above, can commute for some other pious work.

LAUDATE

Laudate Dominum, omnes gentes, Laudate eum omnes populi.
Quoniam confirmata est super nos misericordia ejus,
Et veritas Domini manet in aeternum.
Gloria Patri et Filio et Spiritui Sancto,
Sicut erat in principio et nunc et semper et in saecula saeculorum. Amen.

HOLY GOD WE PRAISE THY NAME

Holy God! we praise Thy name,
  Lord of all! we bow before Thee;
All on earth Thy sceptre claim,
  All in heaven above adore Thee;
Infinite Thy vast domain,
  Everlasting is Thy reign.

Hark! the loud celestial hymn,
  Angel choirs above are raising,
Cherubim and Seraphim,
  In unceasing chorus praising,
Fill the heav'ns with sweet accord:
  Holy, Holy, Holy Lord!